Tuesday, November 29, 2011 ★★ 6 sections / Vol. 26 / No. 354 P18 | www.inquirer.net | Mobile Alert: Text INQ ON/BREAK/BIG to 4467

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS



ATROCITY IN ZAMBOANGA Guests leave Atilano Pension House in Zamboanga City after an explosion ripped the two-story budget hotel late Sunday, with at least three people dead and 27 injured, according to local media. The cause of the explosion is still under investigation. (See story below.) REUTERS

GMA eyes La Vista arrest

Comelec chief insists on police custody



'DETENTION SITE SHOPPING' Pasay City Regional Trial Court Judge Jesus Mupas (right) and Laido Miaula, an orthopedic surgeon, discuss a possible detention site for former President Gloria Macapagal-Arroyo during an inspection of the Philippine Orthopedic Center on Banawe Street, Quezon City.

By Philip C. Tubeza

GLORIA Macapagal-Arroyo wants to be detained in her sprawling house at the swank La Vista subdivision in Quezon City. But her chief accuser says: No way.

"Our position is very clear. It should be in a detention cell of a government detention facility. We will not agree if it is a private hospital. We will not agree if it's in her residence. We will not agree to house arrest," said Sixto Brillantes Jr., chair of the Commission on Elections (Comelec).

Brillantes said he preferred that the former President and now Pampanga representative be detained at the headquarters of the Southern Police District, which placed her under its custody on Nov. 18 after the Pasay City Regional Trial Court (RTC) issued a warrant for her arrest for election sabotage ostensibly to stop her from fleeing the country.

"It is within the jurisdiction of the RTC, but that is up to the court to decide," he told reporters.

"If it says it's going to be a

GMA A10

Judge shops for 'VIP' jail

By Dona Z. Pazzibugan, Julie M. Aurelio and Miko Morelos

WILL IT be the hospital room previously occupied by suspected mass murderer Andal Ampatuan Sr. or the Joseph Estrada suite?

Where former President Gloria Macapagal-Arroyo will be detained while she is facing charges of electoral sabotage is being studied by her jailer, Judge Jesus Mupas of the Pasay City Regional Trial Court (RTC).

Mupas issued the warrant of arrest against Arroyo, now a Pampanga representative, on Nov. 18 hours after finding probable cause in the criminal complaint filed by the Commission on Elections.

Yesterday, Mupas visited three Quezon City hospitals run

JUDGE A10

PH growth slows to 3.2% in 3rd quarter

By Riza T. Olchondra

A BIG drop in exports, bad weather and anemic government spending sent the Philippine economy performing "much worse" than the government had expected in the third quarter, making it unlikely that the country will achieve its growth target for the full year.

Growth in gross domestic product (GDP), the value of goods produced and services rendered in the country, slowed for the third straight quarter to 3.2 percent from 7.3 percent last year, officials reported on Monday.

The National Economic and Development Authority (Neda) had forecast a 3.8-percent to 4.8-percent growth, while private economists had expected an average of a 4-percent growth in the third quarter.

Other countries in Asia posted relatively higher growth rates—6.5 percent for Indonesia, 6.1 percent for Vietnam, 6.1

PH GROWTH A17

3 killed, 27 injured in Zambo explosion

By Julie S. Alipala
Inquirer Mindanao

ZAMBOANGA CITY—It was not the kind of big bang that Clifford Lampa and Christine Isidro expected on the eve of their Christian wedding scheduled yesterday in the city.

Suspected members of the Abu Sayyaf bandit group detonated a powerful bomb that killed at least three people, including the groom's best friend, and wounded 27 others in Atilano Pension House, a two-story budget hotel packed with wedding guests in Barangay Canelar, officials said.

Investigators believe the blast and the ensuing fire that gutted the hotel at 9:30 p.m. on Sunday was a terrorist strike and was not linked to the wedding, said Senior Supt. Edwin de Ocampo, acting city police director.

Still, many of the victims were from a group of 23 relatives and

KILLED A16

Arroyo supporter cites history

By Gil C. Cabacungan Jr.

HISTORY may offer a guide to friends and foes alike of former President and now Pampanga Rep. Gloria Macapagal-Arroyo on the issue of what should be done with her as she faces a charge of electoral sabotage: Keep her in a regular jail or place her under house arrest?

For example, what do Augusto Pinochet, Paris Hilton, Nikita Khrushchev, Aung San Suu Kyi and Galileo Galilei have in common?

All of them were allowed to be placed under house arrest, according to House Minority Leader Edcel Lagman, who has dug long and deep, from medieval to modern times, in search of historical figures to justify house arrest for the Pampanga representative.

"Hospital and house arrests are accepted detention measures in lieu of prison confinement, particularly during the

ARROYO A15



KC-Piolo split stirs cyber buzz

By Inquirer Entertainment

"DEAR KC Concepcion: Been there. Done that. Love, Carmina Villarroel."

Although loaded with the dreaded implication, this anonymous entry in the website www.darkspuds.com was still among the lightest comments that sheltered cyberspace yesterday following KC Concepcion's

KC-PIOLO A17

Second FRONT PAGE

WEATHER FORECAST

[illegible]

Lotto			
2D		3	13
		9	30
		30	7
SUERTRES	9	0	4
	5	2	9
	0	6	2

FOUR DIGIT: 8 7 4 4

MEGALOTTO 6/45: 5 27 28 33 39 43 — P10,979,499.60

6/55 GRAND LOTTO: 1 3 11 27 49 55 — P134,624,790.00

Answer ‘Morong 43’ suit, GMA told

By Julie M. Aurelio

A QUEZON City court has ordered former President Gloria Macapagal-Arroyo to answer the P15-million suit filed by the so-called “Morong 43,” whom the military had suspected of being members of the New People’s Army (NPA).

[illegible]

Senators delaying RH bill, says Pia

By Cathy Yamsuan

[illegible]

Chemical makeup

[illegible]

Agenda setters

[illegible]

Cojuangcos should get only P1, say solons

By Gil Cabacungan

[illegible]

Profited tremendously

[illegible]



ALL KIDS LOVE STORIES

[illegible]

Abad wants entire bonus to come from gov’t

[illegible]

Proof of fiscal stability

[illegible]



SICK KIDS GET CHEER

[illegible]

PH to speak up at UN climate change talks

By Kristine L. Alave

[illegible]

Slow to adapt

[illegible]

Topnotchers' school merits upgrade–solon

By [illegible]

CAMARINES SUR State Colleges (CSC) deserves to be upgraded to a state university after its engineering graduates garnered the top three spots in the recent board exam for civil engineers.

[illegible] Rep. [illegible] Sarmiento said the "high passing" marks of the CSC engineering graduates should be the best argument for upgrading CSC's status that would enable it to receive more funds from the government.

"The 1-2-3 of the three students, all of them from humble family backgrounds, has cheered the whole province and stirred local scholastic interest and curiosity about CSC," Sarmiento said in a statement.

Sarmiento filed House Bill No. 4179 on Feb. 15 last year pushing for the conversion of CSC to a state university. The bill was approved on third and final reading by the House of Representatives last March.

Sarmiento said the bill had been forwarded to Sen. Edgardo Angara, chair of the Senate committee on education.

CSC engineering graduate [illegible] was the board exam topnotcher with a rating of 98.05 percent, [illegible] was in second place with a rating of 97.55 percent, while [illegible] ranked third with a rating of 97 percent.

The civil engineer licensure examinations was conducted by the Board of Civil Engineering on Nov. 19-20 and the results were released on Nov. 23.

Their performance was not a fluke as Sarmiento cited CSC's track record of having produced 38 topnotchers in the same exams and 14 other topnotchers in midwifery, six in nursing, three in geodetic engineering, two in agriculture and one in accounting.





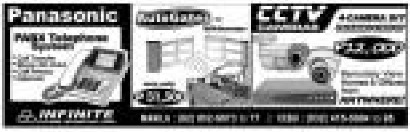
Culture doesn't pay, COA finds in audit of CCP

Less than stellar turnout

37 % paying customers

Losses in revenue

Missed income target



Comelec has to decide soon on poll machines for 2013



The Daily Gospel

CA extends freeze on oil firm's assets

Name kin in dealings with DPWH, execs told



Pinoy seamen learn antipiracy techniques

Number rising

13 Filipinos still held

Pondong Coconut Levy: Yaman ng Mamamayan, Hindi Nang iilan

Bukas na Liham Kay Ginoong Eduardo "Danding" Cojuangco, Jr.

Ginoong Eduardo "Danding" Cojuangco, Jr., ang liham na ito ay [illegible] sa aming 3.5 milyong magniniyog at sa 20 milyong kasapi ng aming mga pamilya, tungkol ito sa halos apat na dekada naming pakikibaka para mabawi ang "coco levies."

Sa kasawiang-palad, noong Abril 2011, nagpasya ang ating Korte Suprema na ikaw ay kanilang kampihan. Sabi ng Korte Suprema, nagkulang ang Republika sa kanilang pakikipaglaban para sa aming kapakanan. Hindi raw sapat ang ebidensiyang naipresenta sa Sandiganbayan. Ayon sa Korte Suprema, ang pagiging "malapit na kaibigan" ninyo sa namayapang diktador ("Marcos crony") ay kailangan pang patunayan. Tanging utang lamang daw ang [illegible] inyong [illegible], at simpleng utang na dapat ninyong bayaran.

Nawaglit sa usaping ito ang ilang mga katotohanan na, awa ng Diyos, hindi lingid sa kaalaman ng ilang mahistradong nsulat sa mga [illegible] ng ating kasaysayan. Wika nga ng dating mahistrado (at ngayon Ombudsman) Carpio-Morales, "the biggest joke of the century." [illegible] ng kasaysayan na kailangan pang patunayan ang inyong [illegible] sa namayapang diktador. [illegible] ni J. Carpio-Morales ang [illegible] ng "ebidensya" na sasapat upang ang kapasyahan ng Korte Suprema ay sumang-ayon sa amin — kung sana nga lamang, kumatig ang nakararaming miyembro ng Korte Suprema, sa ebidensiyang pinatotohanan ng kasaysayan at ng kanilang konsensiya.

Hindi sana mahirap ikikain sa ang perang [illegible] ay "inutang lamang" kung hindi na lang mulat ang aming mga mata sa katotohanang ang mga "coco levies" ay kinolekta mula sa hirap at pagod namin at ng aming mga ninuno. Kinolekta ito sa pamilang kayo ang namamuno sa industriya ng pagniniyog; resulta ito ng pag-aaruhang ng aming mga pawis, luha, at dugo. Kaya't mahirap mapalagay ang konsensiya sa [illegible] na lamang natin na ito'y "utang" lamang, lalong mahirap tanggapin na ito'y basta-basta babayaran mula sa salaping aming pinaghirapan.

Sa kabila ng aming panghihinuk sa Korte Suprema na muling tingnan at pag-isipang muli ang usaping ito, kami'y kanilang pilit itinataboy sa kanilang paghahangad na isinsara na ang aming laban. Hindi naming maintindihan kung bakit kailangan pang mag- imbento ng depinisyon ng "ill-gotten wealth," gayong malinaw naman kung ano ang ibig sabihin nito. Batid naman ng lahat at hindi na kailangan pang patunayan na isa kayo sa mga pinakamalapit na kaibigan sa namayang diktador – pero balewala ito sa bagong imbentong depinisyon ng ill-gotten wealth.

Panalo na raw kayo, sabi ng Korte Suprema. Natalo na raw kami sa Korte Suprema. Hindi ito totoo. Paano kami natalo gayong hindi napalagay ang aming kalooban dangang ang pinakamahalagang tanong ay nananatiling walang kasagutan: nasaan ang aming pinaghirapan?

Ginoong Cojuangco, dalangin namin na batid ninyong ang inyong 76 na taong pananatili sa mundong ibabaw ay wasto na sa inyong galang. Hindi pa huli ang lahat. Ilang daang bilyong piso ba ang kailangan ng isang tao, upang mabuhay nang maginhawa? Ito ba'y mas pahahalagahan kaysa sa kapakanan ng dalawampung milyong Pilipinong naghahangad lamang ng marapat sana'y napasakanila?

Walang mas mahalaga o mas sasapat pa sa gantimpala ng tahimik, panatag, at payapang konsensiya. Hayaan sana ninyong tulong sa inyong pananaglisin, ang ating mahal na Pangulo, ay kanyang tatawin na lang bilang "utang na loob"—at hindi utang na kailangang pagbayaran. Baka naman nakaliing sa pandang pagpapadaya, mabatid ng Pangulo na may kalayaan siyong ipahayag ang kanyang suporta at basagin ang kanyang katahimikan.

Ano't ano pa man, nais po naming ipabatid sa inyo na habang po ang liham namin sa Korte Suprema—panigan man kami (o hindi) ng Pangulo, patuloy kaming maninindigan sa panig ng katotohanan, kasaysayan, at katarungan.

Dalangin namin ang inyong pag-unawa. Patnubayan nawa kayo ng Poong Maykapal, at dinggin sana ninyo ang Kanyang pabatid at paggabay.

Ka Dea Santos, Chairman COCO, Inc. | **Bishop Broderick S. Pabillo, CBCP NASSA** | **Ka Bobby Tañada, President, PRRM**

Peoples Organizations

[illegible]

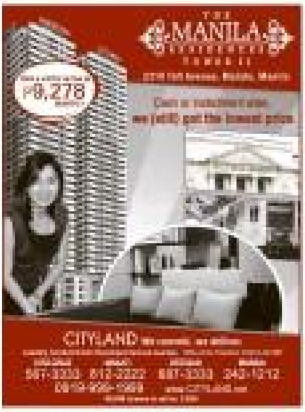
SBMA chair named concurrent administrator













Across the NATION

Mercury pollution in Chico River probed

BAGUIO CITY—Agriculture Secretary Proceso Alcala on Sunday questioned farmers and Cordillera officials at a forum here about a government report that says mercury traces had been detected in Chico River, the irrigation source for rice and corn farms in Kalinga and vegetable farms in Mt. Province.



Tourists unfazed by damage to Ifugao terraces

Flood victims expect bleak Christmas

NEWSBRIEFS

NPA rebel slain

Best workers search

Top cops cited

Keppel settles with victims of shipyard accident

THE BAYLEAF

Opening new doors to the old walled city



Congratulations from:

R.P. Alejandro Construction, Inc.

Hi-Cool Engineering Corp. • Cardrian Builders Corp. • Allied Metals, Inc.

Electro Systems • L3 Glass and Aluminum, Inc. • Salemaire Industries Corp.
Jose Alling & Construction Management • International Elevators & Equipment, Inc. • Stealth Ventures

T.I. Vasquez Architects & Planners • Atelier Almario • Polygon Ventures & Dev't. Corp. • Imelda Silayan & Partners
DPY Mercantile • Merit Integrated Global Net • Systech Lighting and Controls, Inc. • Yupangco Electronics Corp.
Basic Machineries • LJ Industrial, Inc. • Power Systems, Inc. • American Standard • Bell Floorcoverings, Inc.

[illegible] Technologies • [illegible] Enterprises • [illegible] Options and Trends • [illegible] Enterprises • Exquisite Interior Supply Co. • [illegible], Inc.
[illegible] Landscape Architectural Services • [illegible] Group • [illegible] • Ace and Associates [illegible] • [illegible]
One Graphic Designs-Michael [illegible] • American Standard • [illegible] Industrial Supply, Inc. • [illegible] Phils. • Distinction Lamps • [illegible] Corporation

After Baguio dump collapse, trash piles remain



Materials recovery facility

Protests



100 families flee from fighting among Moro rebels

Soldiers recover body after release of 3 Koreans

Bicol's 'pili' nut gets food upgrade

INQUIRER

OPINION

Where to keep her

EDITORIAL



Burnishing bona fides

VIEWPOINT

Juan L. Mercado

Truth

THERE'S THE RUB

Conrado de Quiros

Externalities 101

NO FREE LUNCH



Cielito F. Habito

[illegible]

Sick

YOUNG BLOOD

[illegible]

Asia's month of milestones

WORLD VIEW



Gareth Evans

[illegible]

Bonifactio and Jacinto: best 'brods' forever

COMMENTARY

[illegible]

Rule of law should prevail

LETTERS

Gloria is being prosecuted, not persecuted



Plenty of idle lands in PH

Family's right-of-way claim under review

Retiree paging GSIS re delayed pension payment

GMA eyes La Vista arrest; Comelec wants police custody

Public perception

Special treatment

Arroyo supporter cites history

Straight to jail

Galileo Galilei

Straight to jail

20 people troop to St. Luke's to show support for GMA

Judge shops for 'VIP' jail







Redecorated office

Small, but it will do

Miriam says bail hearing is GMA's way out

3 killed, 27 injured in Zambo explosion

[illegible]





TNT powder

[illegible]

Couple sought

[illegible]

Basilan bombs

[illegible]

Early warning

[illegible]

De Lima asks Supreme Court to dismiss contempt charge

Not yet effective

No coercion

Disbarment sought

PH growth slows to 3.2% in 3rd quarter

Exports contract

Favorable prospects

Decline in fishing

Delayed implementation

Rates steady

KC-Piolo split stirs cyber buzz



MOVIE stars Piolo Pascual and KC Concepcion in happier times.

Top 10 reactions

For the record

No fairytale ending

Censored

SPORTS

Gems scuttle Superchargers, regain lead; NLEX up

Battered TNT battles B-Meg

Chot: We're like sitting ducks



Webmasters, Olympians collide in Ormoc today

Fil-Am golf: John Hay pulls away by 13 pts

Marvelous mediocrity

Bare Eye



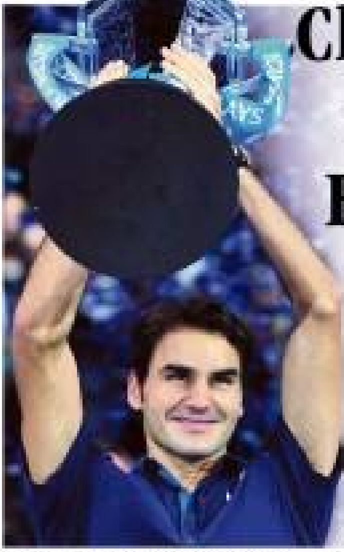
Army, La Salle paddlers flex muscle

Contrasting starts for UAAP volley champs

Azkals relish rare meeting with Galaxy, Beckham

By Cedelf P. Tupas

Classy Federer rewrites ATP Finals history



Reyes-Amit to defend world mixed doubles title in China



MEDALISTS



CYCLING MEDALISTS

Hyundai Cup: Kaya FC takes 3 crowns

By Cedelf P. Tupas



PSA Forum guests: Abap execs, boxers


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DID YOU KNOW

RAMGEN BAUTISTA MURDER CASE

'Place 3 suspects on BI watch list'

THE POLICE have sought the inclusion of three suspects in the Ramgen Bautista murder case in the Bureau of Immigration (BI) watch list to prevent them from leaving the country.



BRIGHT LIGHTS IN THE BIG (TIGER) CITY

NPD assigns more cops to patrol streets to prevent hike in crimes

Firm blocks move to dismiss raps vs Caloocan mayor

Gatchalians poised to file suit vs lending company



TREE TIME

'Place 3…

1 hurt as informal settlers clash with demolition team

Lawmakers' wives start 2-day Manila tour

I know how to forgive

ON TARGET
Ramon Tulfo



METROBRIEFS

Riprap collapses

Fugitive alien nabbed

Yellow Sale ongoing

Father seeks readers' help anew for 4-year-old son



SABOTERO

The WORLD

Arab sanctions deepen Syria isolation

Unprecedented measures by the Arab League aimed at stopping brutality

BEIRUT—The Arab League deepened Syria's international isolation on Sunday by imposing a battery of economic sanctions meant to sever most trade and investment from the Arab world, an unprecedented step against a member country.

Divided postrevolution Egypt goes to polls



A SOLDIER guarding against violence walks past Egyptians waiting to cast their votes during parliamentary elections outside a polling station in Cairo on Nov. 28.

Pakistan: Nato ignored pleas to stop attack

WORLDBRIEFS

Iran parliament votes to reduce ties with UK

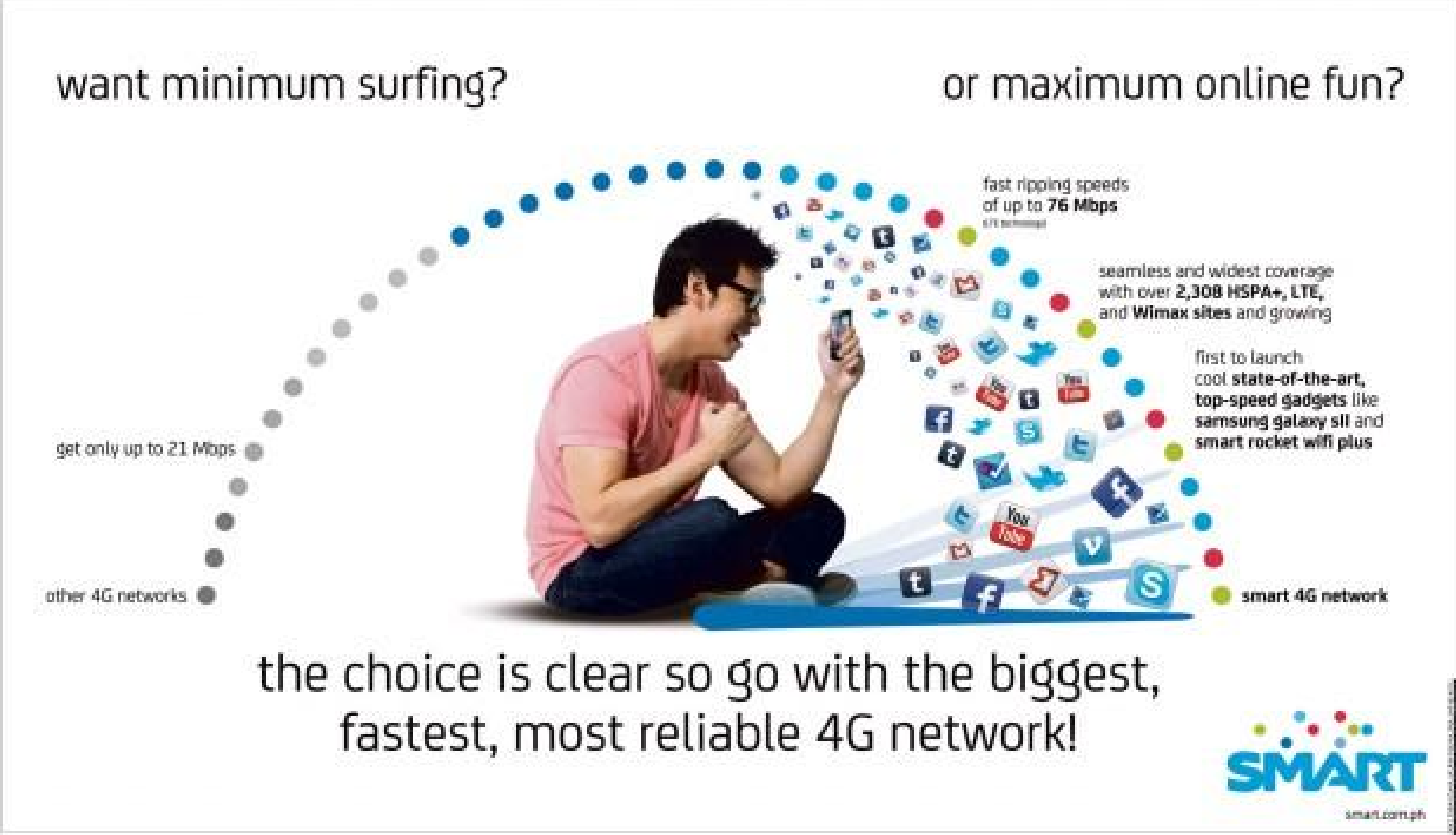
Saleh orders amnesty despite ceded power

Last chance to save Kyoto deal at climate talks

Putin begins bid for presidency



PUTIN on a giant screen at the congress of the United Russia party.


want minimum surfing?
or maximum online fun?
fast ripping speeds of up to 76 Mbps
seamless and widest coverage with over 2,308 HSPA+, LTE, and Wimax sites and growing
first to launch cool state-of-the-art, top-speed gadgets like samsung galaxy sII and smart rocket wifi plus
get only up to 21 Mbps
other 4G networks
smart 4G network
the choice is clear so go with the biggest, fastest, most reliable 4G network!
SMART
smart.com.ph

IN THIS ISSUE

- **Asean beefs up cooperation in finance, trade** /B4
- **Consumer loans rose 15% in H1** /B6

BUSINESS

Treasury rejects all bids for gov't securities

Trouble abroad continues to dampen investors' appetite

THE GOVERNMENT yesterday rejected all tenders for Treasury bills as investors tried to push rates up by an average of at least 100 basis points.

[illegible]

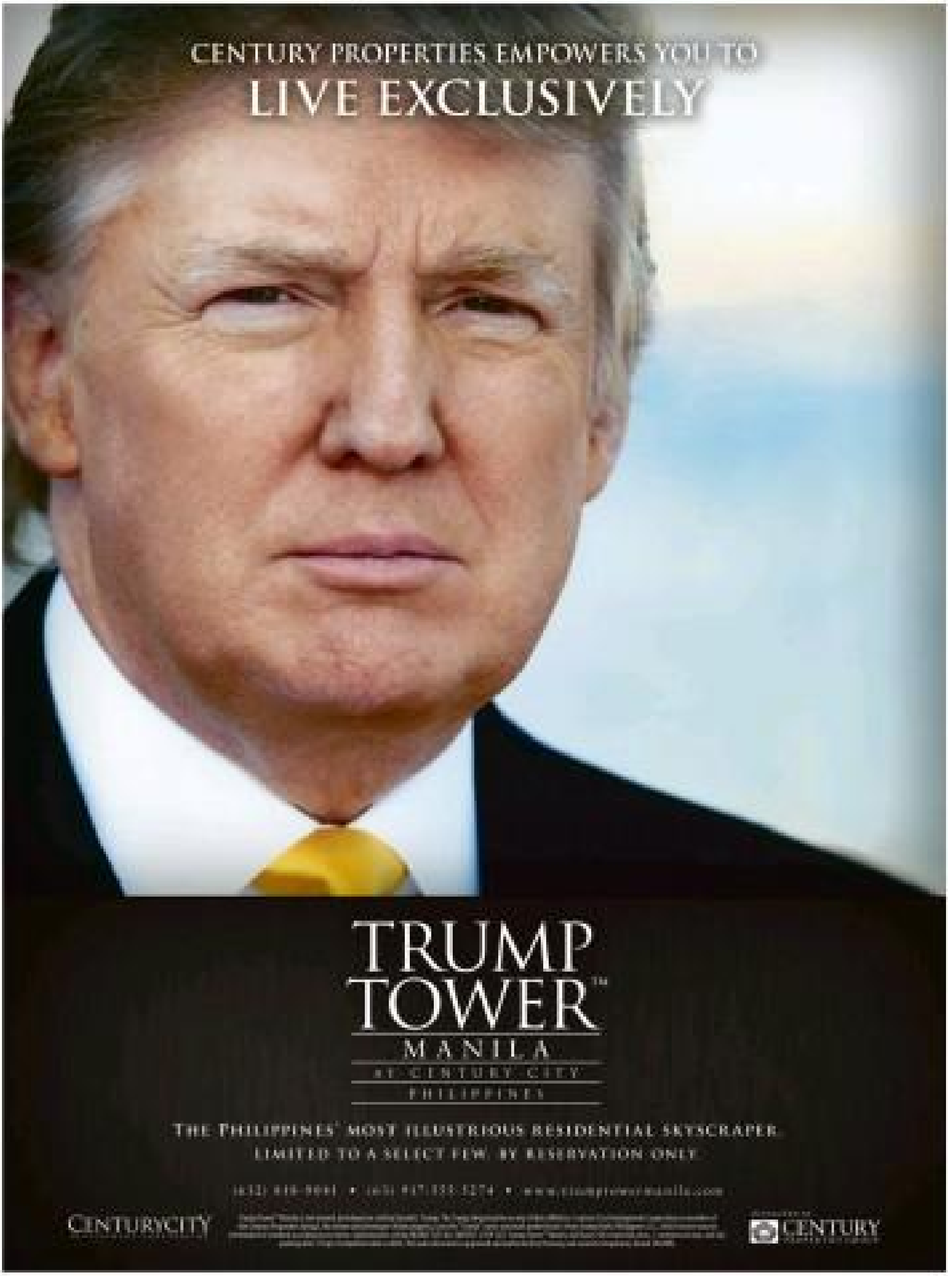
INDICATORS

PESO-DOLLAR RATE

43.775

Share prices decline

[illegible]



MPIC eyes Orthopedic Center

PPP offers acquisition opportunity

By Doris C. Dumlao

Benguet Corp. infuses ₱247M into nickel unit

Range trading explained

MARKET RIDER



Treasury rejects all bids

Share prices

Philippine Stock Exchange

Currencies

Anchor Land profit as of Sept. surges to ₱561M

Galoc oil field shut down for three-month upgrade





Asean beefs up cooperation in finance, trade

Exports to Japan jump 13%

Regional economic integration by 2015 eyed

By Abigail L. Ho

UN, PH move to align aid priorities

By Riza T. Olchondra



'Diversion' of $101-M ADB loan from solar projects to e-trikes hit

By Amy R. Remo

Market Rider

NOTICE TO THE PUBLIC



ROMELITO T. ABELEDO

The Management

More Classifieds

Department of Health-CHD Central Visayas B4

La Union Electric Cooperative, Inc. B4

Philippine Bank of Communications B4

NOTICE OF SEARCH FOR PRESIDENCY

NURSES (ALL AREAS)

NO PLACEMENT FEE

INTERNATIONAL MEDICAL CENTER

www.careerplanners.com.ph

CAREER PLANNERS SPECIALISTS INT'L., INC.

Republic of the Philippines
Department of Social Welfare and Development

Section I. Invitation to Bid

INVITATION TO BID

Kagawaran ng Pagawaing Bayan at Lansangan

INVITATION TO BID

PROFESSIONAL SERVICES

GENERAL ITEMS FOR SALE

WANTED TO BUY

ROLEX

REAL ESTATE FOR RENT

EMPLOYMENT OPPORTUNITIES

REAL ESTATE FOR SALE OR RENT

TRANSPORTATION FOR RENT

PUBLIC NOTICES

BUSINESS OPPORTUNITIES

LEGAL NOTICES

Legal Notice

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SBWDFI to honor Ten Outstanding Subic Freeport Workers

Kagawaran ng Pagawaing Bayan at Lansangan

INVITATION TO BID

OBITUARIES

ATTY. LEONORA CARLOS SIMPAO

ANGELICA SALONGA BAYLON

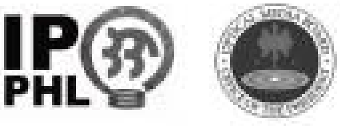


Consumer loans rose 15% in H1

Desire for cars, homes boosts demand



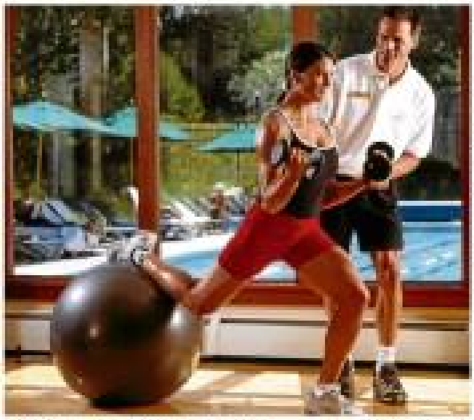




LIFESTYLE Wellness
Editor: Thelma Sioson San Juan



Core training, fun workouts like Zumba will remain hot in 2012



CERTIFIED personal trainers will become more prevalent.

By Mitch Felipe Mendoza
Contributor

Growing markets among the elderly and the youth are among the predictions for next year

ON ITS sixth year, the American College of Sports Medicine (ACSM) recently completed a worldwide fitness trend survey of 2,620 ACSM certified professionals from Asia, Europe, Australia, Africa, North America and South America.

The American Council on Exercise (ACE) also completed a fitness trend survey of more than 1,500 experts and certified professionals. The two leading fitness organizations in the world seem to have quite similar 2012 worldwide fitness trend predictions.

Educated fitness professionals

ACSM's number one fitness trend prediction concerns educated, certified and experienced fitness professionals. The fitness industry will continue to give importance to upgrading skills and knowledge of fitness professionals, and aside from the recognized certifications and continuing education, more professionals will seek advanced professional education and take related fitness and health courses to answer the demands of the growing health and fitness industry.



FITNESS APP

Lifestyle coaching and personal training

With qualified and upgraded fitness professionals, there will be a greater focus on whole-life training, as predicted by ACE. Whole-life training or lifestyle coaching will serve clients who are in need of stress, eating and exercise management to achieve their goals and get results faster.

Most fitness centers will even hire lifestyle coaches, nutritionists, and/or psychologists to incorporate their services and really give a holistic approach to their fitness programs. Also, according to ACE, behavior modification will enhance a client's exercise motivation and adherence.

ACSM's top fitness service trend predictions are still personal training and group personal training. Most people will still get the guidance of a personal trainer to get faster results, and others will join small group personal training ses-

WORKOUTS C2





Your feet can tell you the state of your health

With this reflexology method, pain in any point of the foot means a concentration of toxins in a specific area of your body







Consistent pressure

Worldwide fitness trends for 2012

Weight loss and strength training



Still weight loss

Growing target markets: elderly and youth

Hottest fitness workouts for 2012

Corporate wellness

Community fitness programs

Fitness technology





JAIME Zobel de Ayala, Gabby Lopez, Jon Ramon Aboitiz



CESAR Virata, Chito Francisco, Ambassador Cesar Bautista

Firm looks forward to the 'Next 50'

FIRST PHILIPPINE Holdings Corporation (FPH) celebrated its 50th anniversary with an appreciation night for its various stakeholders.

Entitled "The Next 50," the event had FPH presenting its pioneering ventures from 1961, to its vision for the next 50 years.

FPH is behind some of the country's leading companies in power generation and distribution and property and infrastructure development, as well as manufacturing for the electrical and auto parts industries.



FPH chair and CEO Federico Lopez



LEA SALONGA and Federico R. Lopez



ERNEST Bellen and Junie Calero of Full-Circle Communications



ANICETO Bisnar Jr. of Lopez Inc. and Helen Baetes of QMBTS



FPH chair emeritus Oscar Lopez



FPH president and CEO Elpidio Ibañez



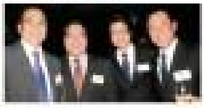
ARTURO Valdez of EDC, Washington Sycip, Noel Wenceslao and Ted Fajardo of Trans Events



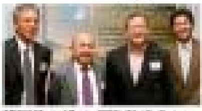
PING de Jesus, Arturo Valdez of EDC



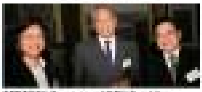
LANCE Gokongwei of JG Summit and Bettina Osmeña



BUTCH Tanangco of First Philec, Manuel Concepcion III of Maybank, Antonio Agustin Fajardo of Unionbank, Patrick Santos of RCBC



EDC's Manuel Paras, FPH's Elpidio Ibañez, Batangas Mayor Eleno Cedillo, Vice Mayor Placido Lunangco



REBECCA Sarmiento of SGV, Ben Liboro, Leonardo Malapina of SGV

A deadly...

From page C1

served in the US. But according to Dr. Tony Leachon, a cardiologist from the Manila Doctors Hospital, there is also a trend in the Philippines and many parts of the world.

In a 2004 study, researchers at the University of California, San Diego and Tufts University School of Medicine examined 53 million US death certificates from 1973-2001. The discovery? An overall increase of five percent more heart-related deaths during the holiday season.

Imagine if all the emergency rooms of hospitals could combine and analyze their findings over the holidays. What would they find in common? The terrible truth is, there is a trend, and it's not a good one.

Beginning Thanksgiving all the way to the first week of January is the yuletide period in North America. In the Philippines, it begins mid-December, the start of Simbang Gabi, until New Year's, jumping toward Valentine's and Chinese New Year.

This is the time when priority is given to partying and socializing while neglecting medical appointments, skipping medications, forgetting exercise, and postponing medical treatments. All these lead to lethal combinations.

In a study published in the Journal of the American Heart Association, sociologist Dr. David Phillips found increases in hospital admissions for cardiac and non-cardiac causes.

Commonsense measures

1. Keep warm. If you happen to be in a cold country during the holidays, dress warmly. It's better to be warm than cold. Avoid exposure to very cold temperatures.

2. Unburden yourself. Stay away from heart stressors like extreme physical exertion, misunderstandings, and anger.

3. Choose health. Wherever you are, overcome by hunger, choose healthy, nutritious food. Avoid excess salt and alcohol as a rule. Binge drinking, for example, can lead to atrial fibrillation, an abnormal heart rhythm where disorganized electrical signals cause the heart to contract irregularly.

4. Boost your immunity. Take supplements to fortify your system, like Vitamin C and CoQ10 for your heart booster. Exercise to get your strength and stamina up.

5. Breathe clean air. Go to the forest, the mountains, or the sea. Give yourself a break from polluted air. Breathing in clean air will lessen the load on your respiratory system. This is the best detoxifying gift you can grant yourself.

6. Get help. If, for any reason, you feel chest pains, irregular heartbeats, or shallow breathing, see your doctor immediately. Do not postpone your doctor's visit simply because you refuse to interrupt the holiday merrymaking. It's not worth it, really, to be merry today but sorry tomorrow.

Today's affirmation: "I think I'm getting better than the best."

Love and Light!

Letters from 'Satan'

INNER AWARENESS



Jaime T. Licauco

[illegible]

Changing his tune

[illegible]

A deadly holiday phenomenon

Statistically, more people suffer from heart attacks and strokes at Christmastime

INSIDE OUT



Cory Quirino

[illegible]

Brrr months

[illegible]

Overdoing celebration

[illegible]

LIFESTYLE Wellness

Keyboard plus touchscreen equals a bold new smartphone

Moms who rock, kids who rule

GARFIELD



A. LIPIN



PUGAD BABOY



DICK TRACY

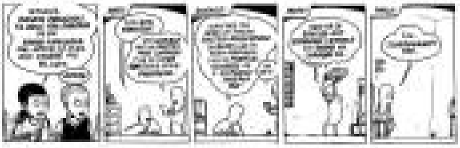


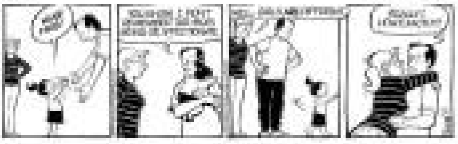


BABY BLUES



KIKO MACHINE





NUTTS



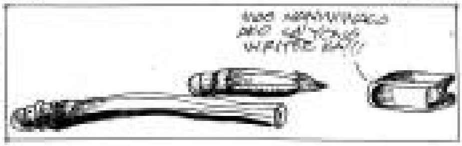
SHERMAN'S LAGOON



DUSTIN



TULDOK



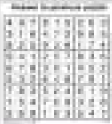
CONCEPTIS SUDOKU

HOW TO PLAY SU DOKU

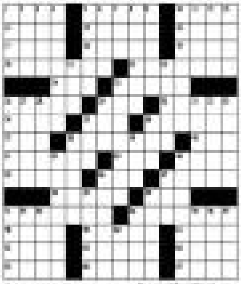
Conceptis Sudoku

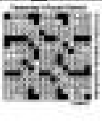
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2	3						1	8
		1				8		
3			9		8			2
	9		2		5		3	

Difficulty Level ★★



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Regional success



'Tiangge' with a twist

WHAT'S UP

Festival Supermall sets mallwide pre-Xmas sale

Wilcon's November deals

How the Philippine Dragon Boat team trains—incredibly—for victory

From beefing up the biceps to adding up to six kilos of muscle



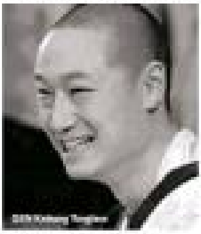


TRAINING starts at 5 a.m. on Manila Bay



TRAINING on a rainy day

Buddhist monk discusses 'emptiness'



Pain is part of the game

ENTERTAINMENT

Editor: Emmie G. Velarde

George Michael postpones tour

LONDON—George Michael has been forced to postpone the rest of his "Symphonica" tour as he battles pneumonia in a Vienna hospital, his agent said on Friday. The 48-year-old British singer was said to be responding to treatment, but has been ordered to rest. Concerts in Vienna and the French city of Strasbourg were called off, and 14 dates in Britain, including three in London, have now been postponed. *AFP*

Jose Mari Chan, Richard Poon recount struggles as singers



"THE SONGWRITER and the Crooner" concert featuring Jose Mari Chan and Richard Poon goes onstage Dec. 2 at the PICC.

By Pocholo Concepcion

THE IDEA of featuring Jose Mari Chan and Richard Poon in one concert is not exactly a stroke of genius, but nevertheless an interesting one.

The show, dubbed "The Songwriter and the Crooner," is set on Dec. 2 at the Plenary Hall of the Philippine International Convention Center (PICC).

Chan is perhaps 30 years older than Poon. They have different musical influences, as well as circumstances. But they considered challenges in pursuit of their respective careers.

Asked to name three artists who changed his life, Chan said, "I really can't limit it down to three. Since I was 10, my musical life has not ceased evolving. I learned a lot in the songs of Paul Anka, Richard Rodgers, Neil Sedaka, John Lennon and Paul McCartney, Jim Webb, Henry Mancini, Michel Legrand, Burt Bacharach and many others."

F2

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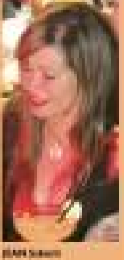

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GLORIETTA
MARKET! MARKET!
TRINOMA
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ONSTAGE
MALL SPECIAL
glorietta
Greenbelt
Tri Noma
MARQUEE
Abreeza

'Happy Christmas' at Hard Rock Cafe



US Ambassador Harry K. Thomas Jr.





Angeline Quinto still on top of OPM chart

Overall

OPM

Jose...